



The Spotlight

www.losaltosrecreation.org

November & December 2015



**Daylight Savings Time Ends
Sunday, November 1**

**Veteran's Day!
Sorry we're closed!
Wednesday, November 11**

**Thanksgiving!
Sorry we're closed!
Thursday and Friday, November 26 & 27**

Holiday Break!
City offices, including the Senior Program, will
be closed from 3:00 on Thursday December 24 to
Friday, January 1, 2016.
We will reopen Monday, January 4, 2016!



Hours:
Monday - Friday
8:30 am - 3:30 pm
Doors open at 8:30 am

Inside Scoop

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**City of Los Altos Recreation & Community
Services Department Senior Program**

Hillview Park and Community Center (HV)
97 Hillview Avenue, Los Altos, CA 94022

Grant Park and Community Center
1575 Holt Avenue, Los Altos, Ca, 94024

(650) 947-2797

www.losaltosrecreation.org

November Calendar of Events

November 2015

Mon

Tue

Wed

Thu

Fri

<p>2</p> <p>9:00 10 Weeks to Play Bridge</p> <p>9:30 Monkeys</p> <p>10:00 Bocce Ball</p> <p>12:00 Poker</p> <p>1:30 Yoga</p> <p>2:00 Tech Tutor</p> <p>3:30 S.A.S.H. orders due</p> <p>4:30 Senior Commission</p>	<p>3</p> <p>8:50/10:00 Stretch & Flex</p> <p>9:00 Bridge Free Play</p> <p>10:00 Bocce Ball</p> <p>11:30 Strength & Balance</p> <p>12:45 Tai Chi for Life</p> <p>1:00 Line Dancing</p> <p>1:00 Chess</p> <p>2:00 Ping Pong</p> <p>★ Election Day ★</p>	<p>4</p> <p>9:00 Bridge Free Play</p> <p>9:30 Artventures</p> <p>10:00 Bocce Ball</p> <p>11:00 Pickleball</p> <p>12:30 Mah-Jongg Int. Free Play</p> <p>10:00-2:00 Grant</p> <p>1:00 Men's Group at Grant</p>	<p>5</p> <p>8:50/10:00 Stretch & Flex</p> <p>9:15 Int. Bridge</p> <p>10:00 Bocce Ball</p> <p>10:00 Men's Group</p> <p>11:30 Strength & Balance</p> <p>12:00 Pinochle</p> <p>1:00 Beg. Mah-Jongg</p>	<p>6</p> <p>Super Size Screen: <i>"The Imitation Game"</i></p> <p>1:00 Room 12</p> <p>Members: Free</p> <p>Non-members: \$1.00</p>
<p>9</p> <p>9:30 Monkeys</p> <p>10:00 Bocce Ball</p> <p>12:00 Poker</p> <p>1:30 Yoga</p> <p>2:00 Tech Tutor</p> <p>3:30 S.A.S.H. orders Due</p> <p>6:00 PEP</p>	<p>10</p> <p>8:50/10:00 Stretch & Flex</p> <p>9:00 Bridge Free Play</p> <p>10:00 Bocce Ball</p> <p>11:30 Strength & Balance</p> <p>12:45 Tai Chi for Life</p> <p>1:00 Line Dancing</p> <p>1:00 Chess</p> <p>2:00 Ping Pong</p> <p>6:00 Collage & Mixed Media</p>	<p>11</p> <p>Sorry We're Closed!</p>  <p>VETERANS DAY</p>	<p>12</p> <p>8:50/10:00 Stretch & Flex</p> <p>9:15 Int. Bridge</p> <p>10:00 Bocce Ball</p> <p>11:30 Strength & Balance</p> <p>12:00 Pinochle</p> <p>1:00 Beg. Mah-Jongg</p> <p>1:00 Book Club</p>	<p>13</p> <p>Birthday Luncheon</p> <p>12:00 Room 11</p> <p>Members: \$4.00</p> <p>Non-Members: \$6.00</p> <p>11:00 You Can't Predict But You Can Prepare!</p> <p>1:00 AARP Smart Driver</p>
<p>Donate to our Holiday Food Drive for CSA November and December! See page 7!</p>				
<p>16</p> <p>9:30 Monkeys</p> <p>10:00 Bocce Ball</p> <p>12:00 Poker</p> <p>1:30 Yoga</p> <p>2:00 Tech Tutor</p> <p>3:30 S.A.S.H. orders due</p>	<p>17</p> <p>8:50/10:00 Stretch&Flex</p> <p>9:00 Bridge Free Play</p> <p>10:00 Bocce Ball</p> <p>11:30 Strength & Balance</p> <p>12:45 Tai Chi for Life</p> <p>1:00 Line Dancing</p> <p>1:00 HICAP</p> <p>1:00 Chess</p> <p>2:00 Ping Pong</p>	<p>18</p> <p>9:00 Bridge Free Play</p> <p>9:30 Artventures</p> <p>10:00 Bocce Ball</p> <p>11:00 Pickleball</p> <p>11:00 Women's Group</p> <p>12:00 Fall Dessert</p> <p>12:30 Mah-Jongg Int. Free Play</p> <p>5:30 Casual Dining</p> <p>10:00-2:00 Grant</p> <p>1:00 Book Club at Grant</p> <p>12:00 Speaker: Dr. Roos Veterinarian</p>	<p>19</p> <p>8:50/10:00 Stretch&Flex</p> <p>9:15 Int. Bridge</p> <p>10:00 Bocce Ball</p> <p>11:30 Strength & Balance</p> <p>12:00 Pinochle</p> <p>1:00 Beg. Mah-Jongg</p>	<p>20</p> <p>Thanksgiving Luncheon</p> <p><u>Menu</u></p> <p>Turkey</p> <p>Members Birthday: Free</p> <p>Members: \$8.00</p> <p>Non-Members: \$10.00</p>
<p>23</p> <p>9:30 Monkeys</p> <p>10:00 Bocce Ball</p> <p>12:00 Poker</p> <p>2:00 Tech Tutor</p> <p>3:30 S.A.S.H. orders due</p>	<p>24</p> <p>9:00 Bridge Free Play</p> <p>10:00 Bocce Ball</p> <p>1:00 Line Dancing</p> <p>1:00 Chess</p> <p>2:00 Ping Pong</p>	<p>25</p> <p>9:00 Bridge Free Play</p> <p>9:30 Artventures</p> <p>10:00 Bocce Ball</p> <p>11:00 Pickleball</p> <p>12:30 Mah-Jongg Int. Free Play</p> <p>10:00-2:00 Grant</p>	 <p><i>Happy Thanksgiving</i></p> <div data-bbox="1398 1612 1560 1707"> <p>WAIT! I'm a Duck!!!</p> </div>	
<p>30</p> <p>9:30 Monkeys</p> <p>10:00 Bocce Ball</p> <p>12:00 Poker</p> <p>2:00 Tech Tutor</p> <p>3:30 S.A.S.H. orders Due</p>	 <p>*Note: Calendars are not a comprehensive listing of all programs</p>			

December Calendar of Events

December 2015

Mon	Tue	Wed	Thu	Fri
	1 8:50/10:00 Stretch&Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping pong	2 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 1:00 Potpourri Sachets 10:00-2:00 Grant 1:00 Men's Group at Grant	3 8:50/10:00 Stretch&Flex 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Men's Group 11:30 Strength & Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg	4 Super Size Screen: <i>"Wild"</i> 1:00 Room 12 Members: Free Non-Members: \$1.00
7 9:00 10 Weeks to Play Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 2:00 Tech Tutor 3:30 S.A.S.H. orders Due 4:30 Senior Commission	8 9:00 Bridge Free Play 10:00 Bocce Ball 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping pong	9 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 5:30 Casual Dining 10:00-2:00 Grant 1:00 Book Club at Grant	10 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 Book Club	11 Birthday Luncheon 12:00 Room 11 Members:\$4.00 Non-Members:\$6.00 10:00 Tree Dressing
14 9:00 10 Weeks to Play Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 2:00 Tech Tutor 3:30 S.A.S.H. orders due	15 9:00 Bridge Free Play 10:00 Bocce Ball 1:00 Line Dancing 1:00 Chess 1:00 HICAP 2:00 Ping Pong	16 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 11:00 Women's Group 12:30 Mah-Jongg Int. Free Play 10:00-2:00 Grant	17 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg	18 Holiday Luncheon 12:00 Room 11 <u>Menu</u> Ham Members: \$8.00 Non-Members: \$10.00
21 9:30 Monkeys 10:00 Bocce Ball 10:30 Mini-Trip: Nutcracker 12:00 Poker 1:30 Yoga 2:00 Tech Tutor 3:30 S.A.S.H. orders due	22 9:00 Bridge Free Play 10:00 Bocce Ball 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong	23 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 10:00-2:00 Grant	24 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg	
Closed for Holiday break from 3:00 Thursday, December 24 - Friday, January 1. We will re-open Monday, January 4, 2016.				

***Note: Calendars are not a comprehensive listing of all programs**

Grant Calendar of Events



Open every Wednesday 10:00am-2:00pm
1575 Holt Avenue, Los Altos, CA 94024

Holiday Break!

City offices, including the Senior Program, will be closed from 3:00pm on Thursday December 24 to Friday, January 1, 2016. Grant drop-in will reopen Wednesday, January 6, 2016! ***Schedule subject to change***



Holiday Food Drive

Donate food items during the month of November and December to help the Mountain View/Los Altos Community Services Agency provide for local low-income families. See flyer for more details.

November Happenings

November 4

10:00am—2:00pm

Intermediate Bridge, Mah-Jongg, Card Games

10:15 Stretch with Eleanor

10:45 Chair workout with Nora

11:30 English Lessons with Galen

11:30 (Bring lunch)

12:00 Men's group

November 18

10:00am—2:00pm

Intermediate Bridge, Mah-Jongg, Card Games

10:15 Stretch with Eleanor

10:45 Chair workout with Nora

11:30 English Lessons with Galen

11:30 Potluck

12:00 Speaker—Veterinarian Dr. Dave Roos

1:00 Book Club with Betsy

November 25

10:00am—2:00pm

Intermediate Bridge, Mah-Jongg, Card Games

10:15 Stretch with Eleanor

10:30 Hot Cider, Chocolate and Tea

11:30 English Lessons with Galen

11:30 (Bring lunch)



December Happenings

December 2

10:00am—2:00pm

Intermediate Bridge, Mah-Jongg, Card Games

10:15 Stretch with Eleanor

10:45 Chair workout with Nora

11:30 English Lessons with Galen

11:30 (Bring lunch)

12:00 Men's Group

1:00 Zumba Gold Dance Party with Nora

December 9

10:00am—2:00pm

Intermediate Bridge, Mah-Jongg, Card Games

10:15 Stretch with Eleanor

10:45 Chair workout with Nora

11:30 English Lessons with Galen

11:30 (Bring lunch)

12:00 Holiday Sing-Along with Dee Gustavson

1:00 Book Club with Betsy

December 16

10:00am—2:00pm

Intermediate Bridge, Mah-Jongg, Card Games

10:15 Stretch with Eleanor

10:45 Chair workout with Nora

11:30 English Lessons with Galen

11:30 Bring lunch

12:00 Zen Meditation led by Hwansen Sunim

1:00 Zumba Gold Dance Party with Nora

December 23

10:00am—2:00pm

Intermediate Bridge, Mah-Jongg, Card Games

10:15 Stretch with Eleanor

10:45 Chair workout with Nora

11:30 English Lessons with Galen

(650) 947-2797 • losaltosrecreation.org

Recreation & Community Services Department News and Appreciation

Bring on the Holidays!

As we head into the home stretch of 2015, your Los Altos Recreation & Community Services Department is presenting a cornucopia of fun events!

Gingerbread House Exhibit

This is the 28th year of this popular holiday activity! Anyone who wishes to prepare a gingerbread house for exhibit is welcome to participate in this free event. Sign ups must be received by November 19; applications and guidelines are available at the Recreation & Community Services office or can be downloaded on-line at LosAltosRecreation.org. The actual exhibit runs Monday, November 30 through Friday, December 4, from 9am-5pm, and—for the first time ever—the exhibit will be open on Saturday, December 5 from 10am -2pm. It all takes place at the Hillview Community Center in Room 2. Give yourself a holiday treat and stop by...we have some very talented neighbors!

Santa Visits

Although a busy time of year for him, the Big Guy has set aside some time for house calls in Los Altos. If you have grandkids or youngsters in your life who would like to meet him, this is their chance! Santa and his elf will be here on the evenings of Friday, December 12 and Saturday, December 13. His schedule fills up VERY quickly so, if you are interested, registration begins November 4 in the Recreation & Community Services office or on-line at LosAltosRecreation.org.

Fun Run

Walk, run or roll (stroller or wheelchair) to the New Year's Day Fun Run. Taking place, appropriately enough, on January 1, the "race" begins at 9am at the corner of Main and State Streets in downtown Los Altos. No need to register...simply show up to participate or to cheer on your fellow Los Altans. A great way to greet 2016!

Camps

We will also have a variety of camps running the week of Thanksgiving and the last two weeks of December. If you have youngsters visiting at this time of year, these camps are loads of fun! Pick up our holiday activity flyers at the Senior Program for full details of these activities.

However you celebrate in your home, please enjoy a happy and safe holiday season!

City of Los Altos Residents 50+ Scholarship Opportunity

The City of Los Altos offers eight individual scholarships of \$200.00 to residents on a first come, first served basis to individuals who qualify. To qualify for the scholarship residents must live in the City of Los Altos (county residents do not qualify) and have an individual income of less than \$42,000.

Please call Greg Milano at (650) 947-2848 to request a scholarship application and schedule an appointment to return your completed application and all required documents. All appointments will be held at the Recreation and Community Services Department: 97 Hillview Avenue, Los Altos, CA 94022 (unless otherwise requested).

Town of Los Altos Hills residents may also request a scholarship by contacting Sarah Gualtieri at (650) 947-2518.

Election Day!

November 3rd is election day! Get out to vote! For more information visit: www.sccgov.org/sites/rov/Pages/Registrar-of-Voters.aspx



Thank you to the Terraces of Los Altos for catering our 2nd and 4th Friday Luncheons!

Change of Seasons



The fall and winter months are upon us. Please be prepared for the cold weather by wearing layers, and help prevent the spread of illnesses by washing your hands! The Senior Program will be kept at a comfortable temperature of 73° F.



Volunteer

Volunteer sign-in

Help us to keep track of your volunteer hours by filling out the volunteer time card found behind the volunteer desk each time you volunteer. Thank you for all you do!

Los Altos Recreation & Community Services is pleased to introduce the **S.A.S.H. (Shopping Assistance for Seniors who are Homebound) Program!**

Local volunteers are available to pick-up cooked rotisserie chickens from Costco and deliver them warm to Los Altos residents 50+. This is a trial program that has 10 available deliveries per week on a first-come, first-serve basis.

Place your order Monday-Friday, for a Wednesday delivery between 10:30 am and 1:30 pm.

Cost & Payment

The cost for chicken home-delivery is \$7.00 for Senior Program members and \$8 for non-members. Payment may be made using your credit or debit card by calling Recreation & Community Services Office at (650) 947-2790 between 8:00 am – 5:00 pm Monday-Friday or by check (made payable to “City of Los Altos”) or cash (exact change, please) at the time of delivery. Donations to the Los Altos Senior Program are welcome, but not required.

Eligibility

This program is available to all Los Altos Residents 50+. The program may be expanded to include delivery of other foods in the future based on member feedback and participation. For more information, contact Recreation & Community Services at (650) 947-2790.

Joint Los Altos/Los Altos Hills Senior Commission

All agendas and minutes are posted online and on the Los Altos Senior Program Bulletin Board.

Meetings are held every 1st Monday at 4:30 pm. Meetings rotate between Town of Los Altos Hills Council Chambers, Grant, and the Hillview Park & Community Center Room 11. All are welcome to attend.

Next Meetings: November 2 & December 7 Commissioners:

Frank Martin (Chair)	Bart Nelson
Ashish Mathur (Vice Chair)	Jim Basiji
Sue Russell	Karen Lemes

Now Recruiting Volunteers:

Front Desk Volunteer

Friendly faces are needed to volunteer at our front desk. Tasks include greeting participants with a smile, answering phones and questions, making coffee, registering participants, advising participants on resources, as well as other tasks as assigned. The commitment is on a weekly, bi-weekly, or substitute basis. Computer skills necessary.

Monday—Friday 8:00-12:00 or 12:00-3:30

Technology Resource Tutor

This volunteer would have knowledge of and be able to communicate how to use multiple operating systems on various devices including the cell phone, tablet, and laptop computer. The commitment is two hours weekly (Monday-Friday) anytime between 8:30 – 3:30.

Holiday Luncheon Help

Friday, November 20 and Friday, December 18

The Senior Program is in need of volunteers to help with all aspects of the Holiday Luncheons. Kitchen help is needed from 8:30—2:30, and decorations and set-up from 9:30—11:00. Registration assistants are needed from 11:00—12:00, servers are needed from 11:15—1:00, and clean-up is needed from 1:00—3:00.

Scarf, Hat, & Yarn Collection

We will be collecting scarves, hats, and yarn for Sandy Goldstein to pick up all donations of handmade or gently used scarves and hats and drops them off at shelters for those in need. Please drop off your donations in Room 10 or at Grant.. Your generosity is greatly appreciated!

Monkey Toy Makers

Sewers and washed used/torn nylons are in high demand. Wish to volunteer? One day a week and 2 hours of your time is all that's needed. Come join them for some fun, laughter, and a meaningful purpose.

Mondays

9:30-11:30

Get Involved! Make a Difference!

Learn New Skills!

Volunteer for the Senior Program or explore other volunteer positions by contacting Barbara Smith. Barbara is the City's Volunteer Coordinator, and she can provide you with information regarding city-wide volunteer opportunities. Contact Barbara Smith at (650) 947-2897, e-mail at bsmith@losaltosca.gov, or visit losaltosca.gov/volunteer.

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Speakers and Intergenerational Corner

Speakers

Look for speakers at Grant Park and Community Center on the third Wednesday of each month from 12:00—1:00 and on various days at Hillview Park and Community Center (HV).

Speaker: You Can't Predict, But You Can Prepare!

Friday, November 13 11:00
HV Room 12 Free

Los Altos Rotary Partners and Elder Generation and Los Altos Legacies will help you start a conversation about end-of-life planning. Topics include...

1. Completing a California statutory will, including finding an executor.
2. Organizing and communicating your personal and financial data.
3. How to appoint someone to make financial decisions for you when you are unable to do so.
4. How to appoint someone to make healthcare decisions for you when you are unable to do so.
5. When you are seriously ill, how to make your treatment wishes known to your healthcare team, your family members, and your caregivers.

A binder with this information will be available for purchase for \$5.00.

Speaker: Veterinarian Dr. Roos

Wednesday, November 18 12:00
Grant, Multi-Purpose Room Free

Veterinarian Dr. Dave Roos founded the Adobe Animal Hospital in 1964. Dr. Roos has been a long-time Veterinarian to many of Los Altos resident's domestic and farm animals.

Holiday Food Drive

Grant and HV Park & Community Center
November and December

Throughout the year, low-income families “shop” for weekly groceries at CSA’s FOOD & NUTRITION CENTER. This Holiday season, help CSA provide a good meal and the holiday spirit to hundreds of families in our community by donating:

- Baking mix (Pancake mix, pie crust & filling, cake mix & icing)
- Crackers
- Spices (Salt/pepper/oregano/ basil)
- Hot cocoa, coffee, tea
- Potatoes (Boxed & canned)
- Canned gravy & sauce mixes
- Pudding & Jello
- Special treats (Nuts, chocolate, dried fruits, & brown sugar)

Intergenerational Corner

Fall Dessert- A Celebration of Thanks

Senior Program members are invited to share in a proud moment for three and four year olds that have been practicing to perform a couple of songs at the Children's Corner Fall Dessert! See the smiles and pride of the children and enjoy some yummy desserts! This event is open to Senior Program Members only.

Wednesday, November 18 12:00
Multi-purpose Room Free

RSVP Required (650)947-2797

Tree Dressing

What would the holidays be like without children singing carols and decorating a lighted tree with ornaments? Please join us for the children's “fun-Friday” theme!

Friday, December 11 10:00
Room 10 Free

Tiny Tots in Need!

The Los Altos Tiny Tots are requesting donations of paper towel rolls for the art projects. Please bring your donations to Room 10 of the Senior Program! Thank you!



Programs



Important Announcements for Senior Program Participants Members and Non-Members

Credit Card Procedures:

Participants using a **Credit Card** to purchase a membership or register for Senior Program classes, trips, luncheons or activities will need to register at Recreation & Community Services **front office**. The Department is currently updating its' credit card procedures to comply with new credit card mandates. **We anticipate Senior Program participants being able to use a credit card in the Senior Program in 6 months.**

Participants may utilize online registration to register for Senior Programs.

Updated Drop-in and Membership forms:

The City of Los Altos Senior Program is updating its drop-in forms. If you drop-in on a regular basis, please take the time to fill out a new drop-in form to help keep our records current.

Newsletter Subscription

Effective January 1, 2016, an annual City of Los Altos Senior Program mailed Newsletter Subscription will cost \$6.00 due to increased cost of postage.



Cheri Anderson serenaded participants for Dinner & Music on the Patio on Tuesday, September 22! She is a very talented Jazz Singer!

Daily Coffee Service 9:00 - 3:00

Come to the Senior Program and enjoy hot caffeinated and decaffeinated coffees. If coffee is not your cup of tea, then we have a selection of teas! Have a cup and relax with friends, catch up on today's news, and enjoy a new program or class!

Donations are appreciated. Please sign in.

Personal Emergency Preparedness

Are you prepared? The City of Los Altos, in coordination with Fire and Police, offers Personal Emergency Preparedness (PEP) training designed to prepare citizens to cope in the event of a disaster and to be self-sufficient during the first 72 hours or until emergency relief is available. Residents and all others may join us for free!

**Register with the Recreation Department*

**You may want to bring a light snack*

Monday, November 9 230813-03
HV Room 16 6:00-9:00

Women's Group 640841-11/12

Looking for new friends and great conversations? Join us for our new women's group! Come sit on our cozy couches and enjoy a cup (or more) of coffee, tea, and conversation about women's interests and thoughts.

3rd Wednesday Free 11:00
November 18 & December 16 Room 10

Men's Group 645529-11/12

Whether you are a single or a married man, you are experiencing the same things as others around you. Come meet and chat among men and relax over pastries and coffee. Walk-ins encouraged.

1st Thursday, November 5 & December 3

HV Room 10 10:00

1st Wednesday, November 4 & December 2

Grant Multi-Purpose Room 10:00

NEW! Yoga

Join instructor Sawako Yoshimura and enjoy the many benefits of Yoga! Yoga benefits both body and mind including improving strength, flexibility and balance. Bring water and wear loose clothing. You can practice with or without shoes on. See Calendar events on page 2 & 3.

**Note: Please bring yoga mat.*

Mondays 1:30-2:30
Free Room 12

Programs and Classes

Book Club

Hillview, 2nd Thursday	1:00
November 12	<i>A Sliver of Light: Three Americans Imprisoned in Iran</i> Shane Bauer et al
December 10	<i>Girls of Atomic City: The Untold Story of the Women Who Helped Win WWII</i> Denise Kiernan

Books are available at the Senior Program. Book Club discussion begins at 1:00, but feel free to bring lunch and join book club members at 12:30.



Questions?
Call Cynthia at the Library
(650) 948-7683 (x3510) or
Janet at (650) 967-2941.



Grant

2nd Wednesday, November 18 & December 9

Books will be decided on as a group for the Grant Book Club.

Cora's Casual Dining

RSVP Room 10

This group meets at a different restaurant the second Wednesday of each month for a **no-host dinner**. Cora will make the restaurant reservations but please **RSVP to the Senior Program** at (650) 947-2797 by noon the Monday before the dinner. Come make new friends, share laughs, chat, and enjoy good times. We will try to find rides if you need one, so please call. Cash only.

Wednesday, November 11 5:30 645502-11
Aldo Los Altos
588 Main Street, Los Altos

Wednesday, December 9 5:30 645502-12
Scratch
401 Castro Street, Mountain View



Mountain View-Los Altos Adult Education

From Art to Genealogy to Yoga...the MVLA Adult School offers more than 40 classes at the Hillview Community Center.

Register or information:

Mail or Walk-in: Phone: (650) 940-1333
MV-LA Adult Education Fax: (650) 967-4699
Online www.mvlaae.net or
333 Moffett Blvd, Mountain View, CA 94043

Strength and Balance Class 645107-04

Join group leader Nora Beltran in low impact exercises that strengthen the body and improve balance. Let's hear it for wellness! Chairs will be made available if needed for seated and standing support. All are welcome to join us!

Tuesdays/Thursdays 11:30-12:15
September 8 - December 3 HV Multi-Purpose
*No Class: 11/24, 11/26

Members: \$20.00 All Others: \$60.00



Stretch & Flex

HV Social Hall

Join instructor Nora Beltran to tone your muscles and improve range of motion in your joints. Lengthen and strengthen in this class.

Tuesdays/Thursdays 8:50-9:50
September 8 - December 3 645108-06
Tuesdays/Thursdays 10:00-11:00
September 8 - December 3 645108-07
*No Class: 11/24, 11/26

Members: \$54.00 All Others: \$60.00
*Bring a mat to each class

Line Dancing

Room 4

Step right up! An easy way to get some healthy exercise and have fun keeping fit. The warm camaraderie, great music, and good workout will keep you high stepping all week. For information call instructor Richard Campbell (408) 377-6978. No experience necessary.

Tuesday 1:00- 2:00
November 3- November 24 645511-11
December 1- December 22 645511-12

Members: \$6.00/class, \$24.00/session
All Others: \$8.00/class, \$32.00/session
*Pay monthly or before each class in Room 10

Classes

“A Taste of” Classes continue....

The Senior Program Staff and Volunteers came together to create new and exciting activities to offer to YOU, our participants!

Come, try some of these classes, just a taste, and see if you like them! We hope you enjoy!

Registration, Class Refunds, & Transfers

Registration: Please pay and register in Room 10. All participants must either fill out a drop-in or membership form before registering for the first time. Any class changes will be noted at time of registration. **Please plan on arriving early to class to expedite your service experience.**

Refund and transfer requests must be submitted in writing via email or in person, up to five working days prior to the first day of class. E-mail requests to:

recreation@losaltosca.gov. All refunds will be charged a \$10 service fee.

No refunds or transfers will be given once class begins.

Beginning Mah-Jongg Room 12

If you would like to be part of an ongoing group that has fun and meets every Thursday afternoon to learn while playing Mah-Jongg, then join our Community. This group is led by instructor Annie Metz, who has played Mah-Jongg for over 25 years. Annie will be teaching Mah-Jongg with “the card” as you play. She looks forward to having fun while teaching and playing with new people.

Thursday 1:00-3:30
September 10 - December 17 645515-04

Members: \$1.00/class, \$12.00/session
All Others: \$3.00/class, \$36.00/session

**Pay monthly or before each class in Room 10.*



10 Weeks to Play Bridge Room 12

Learn to play bridge in a pleasant social setting. In ten weeks we will develop our playing skills, learn to communicate with our partners and, most importantly, have fun.

Mondays 9:00-11:00

September 14 - December 14 645510-01

**No Class: 11/9, 11/16, 11/23, 11/30*

Members: \$110.00 All Others: \$120.00

10 Weeks to Play Better Bridge

This ten-week class is for beginners who have learned the basics of contract bidding and play, and want to improve their skills.

Prerequisites: Students should have either completed our previous ten-week course or have some playing experience.

Mondays 9:00-11:00

January 25 - April 4 645541-01

**No Class: 2/15* Room 12

Members: \$110.00 All Others: \$120.00

Intermediate Bridge Room 12

This class teaches only intermediate social (party) bridge. It helps players to advance their skills at both bidding and playing. Lessons assume basic bridge knowledge including evaluation hand and ordinary hand bidding. Classes include one hour lecture followed by student play. *Tony Plutynski at (650) 948-0699.*

Thursday 9:15-12:00

September 17 - December 17 645530-04

**No Class: 11/26*

Members: \$5.00/class, \$65.00/session

All Others: \$7.00/class, \$91.00/session

**Pay monthly or before each class in Room 10*

Terrible Adult Chamber Orchestra

TACO is an orchestra for the rest of us, a monthly gathering of adults who want to play music together in a relaxed, sociable setting.

**Note: Must bring own instrument and stand.*

**Required: Please contact the director before the first class at tacosv.com.*

LAYC 2:00-5:00

Sunday

November 29 230111-03

Members & All Others: \$10.00

Classes

Collage and Mixed Media Room 13

Come and learn a variety of collage techniques. The use of acrylic paint, gels, mediums, colorful paper, creating texture, and stenciling will all be included. Come for a fun time of art making. Artists of all levels are welcome.

Tuesday 6:00-8:30
November 10 230523-02
Members: \$57.00 All Others: \$66.00
**Materials fee of \$20.00 due at class.*

Fun + Fitness

Los Altos Hills Council Chambers

Formally Fitness 4 Seniors. Having balance issues? Afraid of falling? Feeling weak and lacking energy? Come on down and have some fun listening to music and getting fit with friends. This is a class that involves basic everyday movements to improve range of motion, flexibility, muscle strength, and balance. For more information contact Adam Halper at www.fitnesshalpers.com or (650)479-5955.

Note: Bring resistance band, Pilate's ball, and your choice of dumbbell weight between 1-10lbs required.

Monday/Wednesday 11:45-12:45
October 14 - November 11 645106-03
November 16 - December 9 645106-04
December 14 - January 6 645106-05
Members: \$160.00 All Others: \$170.00

Bodyweight Bootcamp

Los Altos Hills Council Chambers

If you are ready to shed some pounds, increase lean muscle mass, and improve overall fitness, then gather up some friends, our Bodyweight Boot Camps are perfect for you! For more information contact Adam Halper at (650)479-5955 or fitnesshalpers.com.

**Note: Please bring yoga mat.*

Monday/Wednesday 6:00-7:00am
October 19 - November 11 645105-05
November 16 - December 9 645105-07
Monday/Wednesday 8:45-9:45am
October 19 - November 11 645105-06
November 16 - December 9 645105-08
Members: \$160.00 All Others: \$170.00

Potpourri Sachets

Learn how to create your own Potpourri Sachets! Sachets are scented bags filled with herbs, potpourri, or aromatic ingredients. Scented sachets have many uses including making your bedroom linens smell nice and fresh or placing them under your pillow to help one sleep. You will use herbs, potpourri, and essential oils to create sachets to keep for yourself or to give as a gift! Make a reservation at the volunteer desk. For more information contact Lori Stoia at bathscentsations@gmail.com. Class is limited to 12 participants.

Wednesday 1:00-3:00
December 2 Room 12
**Materials fee of \$10.00 due at class.*

Artventures 645514-04
Artventurers would love to meet new artists! Visual artists of all genres and levels are welcome to this studio for visual art! Bring your current project to work amongst others in a supportive environment.

Visit their blog at:
<http://caartventurers.blogspot.com/>.

Wednesday 9:30-12:00
September 9 - December 23 Room 12
Members: \$1.00/class, \$16.00/session
All Others: \$3.00/class, \$48.00/session
**Pay quarterly or before each class in Room 10.*

Tai Chi for Life! 645534-04
Learn new ways to RELAX, REVITALIZE, and HAVE FUN! Tai Chi is a mindful, internal martial art that flows in gentle and slow whole body movements and promotes health, balance, flexibility, strength, and clarity. Join instructor Linda Scheer as she leads us through Tai Chi techniques.

Tuesday 12:45-1:45
September 8 - December 8 HV Multi-Purpose
**No Class: 11/24*
Members: \$10.00/class, \$93.00/session
All Others: \$12.00/Class, \$102.00/session
**Pay quarterly or before each class in Room 10.*



Friday Events

Big Screen Movie

1:00

Members: Free

Fee provides popcorn and beverage

The Imitation Game

645103-11/12

Register Room 10

All Others: \$1.00

November 6

Summary: During the winter of 1952, British authorities entered the home of mathematician, cryptanalyst, and war hero Alan Turing (Benedict Cumberbatch) to investigate a reported burglary. They instead ended up arresting Turing himself on charges of 'gross indecency', an accusation that would lead to his devastating conviction for the criminal offense of homosexuality - little did officials know, they were actually incriminating the pioneer of modern-day computing. Famously leading a motley group of scholars, linguists, chess champions, and intelligence officers, he was credited with cracking the so-called unbreakable codes of Germany's World War II Enigma machine. An intense and haunting portrayal of a brilliant, complicated man, THE IMITATION GAME follows a genius who under nail-biting pressure helped to shorten the war and, in turn, save thousands of lives. (Rottentomatoes.com) Stars: Benedict Cumberbatch, Keira Knightly, Allen Leech, Rory Kinnear, Mark Strong II, Matthew Beard

114 mins. / Drama, Mystery & Suspense/
Rated PG-13

Wild

December 4

Summary: With the dissolution of her marriage and the death of her mother, Cheryl Strayed has lost all hope. After years of reckless, destructive behavior, she makes a rash decision. With absolutely no experience, driven only by sheer determination, Cheryl hikes more than a thousand miles of the Pacific Crest Trail, alone. WILD powerfully captures the terrors and pleasures of one young woman forging ahead against all odds on a journey that maddens, strengthens, and ultimately heals her.

Stars: Reese Witherspoon, Thomas Sadoski, Michiel Huisman, W.Earl Brown, Gaby Hoffmann, Kevin Rankin

115 min./ Drama /R

Luncheons

Room 11

12:00

Register Room 10

Walk-ins welcome. Reservations preferred.
Please call (650) 947-2797 for more information.

Birthday Luncheons

November 13

645201-11

December 11

645201-12

Menu: Terraces of Los Altos cater our 2nd & 4th Friday luncheons. The menu will be made available the week of the lunch.

Members: \$4.00

All Others: \$6.00

Birthday Members: Free



Holiday Luncheons

Multi -Purpose Room

12:00

Members: \$8.00

Others: \$10.00

Register Room 10

Reservations Preferred (650) 947-2797

Thanksgiving Luncheon

Friday, November 20

645202-11

Menu

Turkey, Stuffing, Cranberry, Vegetables, Potatoes and Pumpkin Pie

Entertainment

Fratello Marionettes: "The North Pole Review"



Holiday Luncheon

Friday, December 18

645202-12

Menu

Ham with all the fixings

Entertainment

Lyric Victorian Carolers

**During the Thanksgiving and Holiday Luncheons, the senior program will be closed from 12:00-1:30. Please join us in the Multi-Purpose Room during these times.*

Travel

“Mini”-Trips: Local trips to attractions near us!



Fort Point National Park

645301-11

November 5

Members: \$45.00 All Others: \$55.00

Visit the Fort Point National Historic Site from its' vantage point overlooking the spectacular Golden Gate Bridge. Fort Point defended the San Francisco Bay following California's Gold Rush through World War II. After, enjoy a lovely lunch at Mandalay SF Restaurant .

Cost Includes:

Round trip transportation, lunch

Depart from Hillview Park & Community Center

Depart: Approx. 9:30am

Return: Approx. 3:30pm



Nutcracker

645301-12

Monday, December 21

Members: \$100.00 All Others: \$110.00

Enjoy lunch at Alana's Café before heading to the Fox Theater in Redwood City to enjoy the Peninsula Ballet's Nutcracker. Seats are in the front orchestra. Please order your lunch at the time of sign-up.

Cost Includes:

Round trip transportation, lunch and Nutcracker

Depart from Hillview Park & Community Center

Depart: Approx. 10:30am

Return: Approx. 5:45pm

Discover Cuba– Havana & Varadero

April 13, 2016

8 Days * 7 Nights * 16 Meals

Highlights:

Melia Varadero All-inclusive Resort • Matanzas School of Art & Music • Havana & Museum of the Revolution • Home & Studio of Artist Jose Fuster • Old Style Classic Car Club Discussion • Francisco Donatien Cigar Factory Visit • Hemingway's Farm
Cost Per Person: \$5095 (Double) \$11,095 (Single)



Cape Cod & The Islands

June 5, 2016

7 Days * 6 Nights * 9 Meals

Highlights:

Nantucket Island Tour • Boston City Tour • Plymouth Plantation & Plymouth Rock • Mayflower II • Martha's Vineyard Tour • Newport's Ocean Drive • New England Lobster Dinner
Cost Per Person: \$2295 (Double) \$2940 (Single)



Venice & The Italian Lakes

September 27, 2016

9 Days * 8 Nights * 10 Meals

Highlights:

Seven Nights in the Lake Como Area • Milan City Tour • Lake Como Cruise • Bellagio • Romeo & Juliet Balcony • Verona Arena • St. Marks Basilica
Cost Per Person: \$3895 (Double) \$4395 (Single)



Washington DC & Williamsburg

October 13, 2016

7 Days * 6 Nights * 9 Meals

Highlights:

Washington DC City Tour • World War II Memorial • Smithsonian Institution • Mt. Vernon Tour • Jamestown & Yorktown • DC Twilight Illumination Tour • Traditional Colonial Dinner
Cost Per Person: \$2325 (Double) \$3000 (Single)

Games We Play

Drop-In Games

Pickleball...

640965

Continues to grow in popularity and participation at Hillview! It is known to be a FUN yet low-impact sports activity, providing mild, yet hearty exercise! Pickleball is light on injuries and ailments! Doubles play is the way at Hillview, meaning two players to a team! Lots of laughs and conversation mix in with play at this activity! All are warmly welcomed!

Wednesdays in November in the Los Altos Youth Center
Wednesdays in December in the Hillview Multi-purpose Rm
11:00am - 1:00pm

Members: Free All Others: \$3.00

Grant

Card games are also available at Grant, every Wednesday from 10:00 to 2:00! Join us at 1575 Holt Avenue, Los Altos, Ca 94024! Card games include Bridge, Mah-Jongg, and MORE!

Hot Cider and Chocolate!

Get into the holiday spirit with a break from your games to enjoy a hot cider, chocolate, or tea!

Wednesday, November 25 (Grant) 10:30—11:30

Tuesday, November 24 (HV) 12:00—1:00

Senior Program members: Free

All Others: \$2.00

Bridge Free Play

Bridge begins promptly at 9:00 am. Groups of four play. If there is an uneven number of players, players rotate into the games. See page 10 for lessons that will work for your own personal play level!

Tuesday 9:00- 3:00

Wednesday 9:00-12:00

Room 11 Free

Wii

Come on in and enjoy current events and youtube.com videos on our Wii console! Bring some friends, or make some new ones! Also, learn to play any of the physically-active or brain-challenging Wii games.

Monday-Friday 8:30-3:30

Room 10 Free

Ping Pong

Call (650)947-2797 to reserve your spot today!

Tuesday 1:00

Room 12 Free for members

14

Mah-Jongg Intermediate Free Play

This free play session is intended for those more intermediate or advanced Mah-Jongg players who are comfortable playing without instruction. Bring yourself or a group of four and your own set to enjoy a friendly game of Mah-Jongg. Would you like to learn how to play? See page 10 for information on lessons.

Wednesday (HV) 12:30 - 3:30

Wednesday (Grant) 10:00 - 2:00

Room 11 Free

Bocce Ball

Beginning Bocce Ball is on Tuesday and Thursday. Come learn to play Bocce Ball & make new friends!

Monday/Wednesday, Tuesday/Thursday, Friday

Bocce Ball Courts 10:00

1000-Piece Puzzle Challenge

We have received a new Puzzle Table!!! Stop by the Senior Center anytime during operating hours to help finish our 1000 piece puzzle. Ideas for new puzzles? We are listening!

Monday-Friday 8:30—3:30

Room 10 Free

Chess

Drop in and play one of the world's most popular games: chess! Great for concentration, strategy development, making friends, and much more!

Tuesday 1:00

Room 10 Free

Pinochle

Openings are available for new players. Rusty?

We don't mind. Join in and have some fun!

Thursday 12:00- 3:30

Poker

Poker is recruiting new members! Enjoy free casual games of poker and meet new friends!

Monday 12:00-3:30

Room 11 Free

Shuffleboard: Outdoor

The Senior Program has an outdoor shuffleboard. Call to make an appointment to play.

Monday-Friday 8:30 - 3:30

Membership Benefits

The following services are available for those with a membership

Membership

Thank you to every Los Altos Senior Program member for your continued loyalty and participation. By making a commitment each year, you are not only contributing to one of the best Senior Programs on the planet, but also strengthening our community and relationships. Our doors are open; come in and join our family today! Effective January 1, 2016, City of Los Altos Senior Program Newsletter Subscription will cost \$6.00 due to increased cost of postage.

Annual Membership Cost

Los Altos resident - \$26.00

Non-resident - \$40.00

Don't forget to add \$5.00 for home delivery of our bi-monthly Newsletter: The Spotlight

Make checks payable to: City of Los Altos

Mail to: Los Altos Senior Program

97 Hillview Avenue

Los Altos, CA 94022

Member only and reduced rate on programs

Enjoy a discounted rate on Senior Programs and events as well as programing such as computer tutorials and equipment loans that are designed exclusively for members.

Birthday Month Members!

Enjoy a Free Lunch at our Birthday Luncheon during your birthday month!

Notary Service

Appointments held at City Hall. No charge for members. Donations accepted.

Call: Terry Ann at (650) 947-2642.

Copies

Members are welcome to 10 free black and white copies per year. After 10, the Member cost is 5¢ per side of copy. Non-Member cost is 10¢.

Please see the front desk volunteers for assistance.

Technology Resource Tutor

Mondays By appointment Room 10

Bring your device and meet one-on-one with a volunteer who will help you understand basic concepts of your device. Be ready with your questions to make the most out of your session.
1/2 Hour Appointments: 2:00 - 2:30, 2:30 - 3:00, & 3:00 - 3:30.

In-Home Repair Program

The In-Home Repair Program has three repair Volunteers: Lorraine Hancock, Dave Izant, and Bill Schick are volunteering to help with *minor* in-home repairs. This program is **free** for **current members** and is **not** for emergency repairs. Turn around time can be up to two weeks. Examples of repairs that may be requested are:

Electrical — Changing Light Bulbs, Switches

Plumbing — Dripping Faucet, Leaky Toilet

Sprinklers — Timers, Sprinkler Heads

No in-home repair request is guaranteed.

Volunteers may determine that requests are too extensive. In-home repair requests can be closed at any time due to an over-abundance of requests.

Donations are accepted. Please call (650) 947-2797.

Equipment Loan Closet

The City of Los Altos Senior Program has an Equipment Loan Closet program. The Loan Closet contains wheelchairs, walkers, and canes. **Current members** may check out these items for three-month intervals after signing a release of liability form.

DVD Loan Library

Want to watch a movie from the comfort of your home, but are tired of the same selection? Come to the Senior Program and ask about our DVD loan library! We have over 200 DVD's to choose from in varied genres. DVDs are ready to be checked out for one week loans. A maximum of six DVDs may be loaned at a time. Come check it out and see the Front Desk Volunteer or Staff for assistance.

DMV Packets

Copies of the online practice tests, articles, informational DVD, and driver booklets are available for loan through the Senior Program.

Medicine Drop-Off

The Senior Program takes old pills in their respective containers only. Please NO sharp objects.

Battery Recycling

Recycle your household batteries: AA, AAA, D, C.

See's Candies Certificates

See's Candies 1 lb. Gift Certificates are for sale for \$15.50. Retail cost is \$18.00. Drop in to purchase this perfect gift for any event!

(650) 947-2797 • losaltosrecreation.org

Services

Smoke Detector Program Free

Saturday, November 14

Sunset Rotary members will volunteer their time to change old batteries or install new smoke detectors free of charge in your home. If you are in need of this service, please call the Senior Program at (650)947-2797 and leave your name, address and phone number. A Rotary Club member will call to schedule an Appointment in November.

HICAP Free

Health Insurance Counseling & Advocacy Program assistance with Medicare & supplement claims, comparisons & long-term care, and HMO Appeals. Call (650)947-2797 for appointments with Roy Ito. Next available appointments:

Tuesday, November 17 & December 15

Vial of L.I.F.E

(Lifesaving Information for Emergencies) First responders are trained to look for the Vial of Life kit in an emergency. It enables Emergency Responders to quickly locate helpful information regarding your medical history. Come to Room 10 and inquire at the Front Desk.

AARP Smart Driver Renewal Course*

Friday, November 13 1:00-5:30
**Must have completed eight hour class within the last three years to attend the renewal course.*

Cost: \$15.00 AARP Members \$20.00 All Others

Please bring check payable to "AARP" and AARP number to class. Reserve your spot by calling the Senior Program at (650) 947-2797. Certificate of completion is given at the end of either the 2-day or renewal course. Certificate is required for discount.

Advance Health Care Directive

Schedule an hour long appointment for assistance with an Advance Health Care Directive. Appointment includes: answering, explanation of medical and legal language, help with forms, etc. Contact El Camino Hospital (650) 940-7210.

Rebuilding Together

Preserve affordable home ownership and revitalize neighborhoods by providing critical home repair and modification services to those in need and to those who qualify at no cost to homeowners.

For more information: Call (650) 940-7210

Or visit: <http://rebuildingtogethersv.org>

Mountain View-Los Altos Community Services Agency

CSA Senior Services Program is committed to helping local seniors live happy, healthy, and independent lives. Case Managers provide referrals to community resources, make arrangements for in-home services, and work cooperatively with care providers.

If you would like to receive CSA's Information & Referral Newsletter via mail or email, please contact Program Director Elizabeth Medina at (650) 810-2237 or emedina@csacares.org to submit your request.

Friendship Line

The Friendship Line is a program sponsored by the Institute on Aging and is both a crisis intervention center and a "warm" line for routine, even daily, phone calls that provide emotional support, medication reminders, and well-being check-ins.

For more information:

Call toll free (800) 971-0016

Call local (415) 752-3778

Or visit <http://www.ioaging.org/services-for-elders-and-caregivers/friendship-line>

Cards For All Occasions

Ask our front desk volunteers where to find our stash of Get Well, Birthday, and other cards for the next time you need one!



Community Events & Staying Connected

Follow the Los Altos Senior Program happenings through one of our several media outlets...

Television: KMVT Channel 15

Websites:

City of Los Altos: www.losaltosca.gov

Recreation: www.losaltosrecreation.org

Senior Program: www.facebook.com/pages/City-of-Los-Altos-Senior-Program/135042355859

Twitter: Seniorspotlight

NIXLE: is a new communication service which the city uses to reach residents quickly. The City will send alerts directly to registered users via text message, email and the web. To register www.NIXLE.com.

Publications:

The following publications may be found online at the City of Los Altos website, Senior Program, Recreation Office, or City Hall.

The Spotlight (Senior Center Bi-Monthly Newsletter)
Recreation Guide (Quarterly classes—all ages)

Benefits Check Up www.benefitscheckup.org

Developed and maintained by Sourcewise, Benefits Check Up is the nation's most comprehensive web-based service to screen for benefits programs for seniors with limited income and resources. Please call (408)350-3200 and select option 1 from their menu options for more information. Located: 2115 The Alameda, San Jose, Ca 95126

Los Altos Legacies!

Los Altos Legacies continues to look for new members for its Board of Directors. If you are newly retired and looking for something to do that will take one hour every three months, Legacies is for YOU! Call Ellen or Paul Gonella for details, at (650) 948-2920.

Rotary PEG has put together an End of Life planning options binder that is available for a minimal \$5.00 fee. If you are interested in obtaining one of these binders, please contact Paul Gonella at the above phone number. A presentation will be held on Friday, November 13 at 11:00am in Hillview Room 12 to discuss this issue.

Legacies recommends that you become involved in learning about the facts surrounding Measure A, the bond issue for funding the new community center and park and aquatics facilities. The election is coming up quickly. Be an educated voter!

Local Resource 2-1-1

For free, non-emergency community, health, and disaster information in Santa Clara County, dial 2-1-1. When you dial 2-1-1 you will speak with a live phone specialist who can answer your questions regarding nonprofit services and agencies within the community. (www.211scc.org/about.htm).

If you live outside of the county, dial (866) 896-3587.



Community Events

Friends of the Library Book Sale

Hillview Community Center Multi Purpose Room

November 13 - 15

CASH ONLY sales. Prices are “as marked” starting from only \$.50!

**Must be a member of the Friends of the Los Altos Library to attend Friday Sale. May join at sale, \$10.00 for the year.*

For more information please visit:

losaltoslibraryfriends.org/

Holiday Carriage Rides

Enjoy horse-drawn carriage rides through downtown Los Altos. For dates, prices and more information call (650)949-5282 or visit downtownlosaltos.org.

**Sponsored by Los Altos Village Association (LAVA).*

Festival of Lights Parade

6:00

Sunday, November 29

Floats and Characters shining bright with lights have decorated the streets of Los Altos for 35 years. Join your fellow Los Altans in ushering in the Holiday season with “A Child’s Holiday Fantasy” parade.

For more information visit losaltosparade.com

**Please leave your pets at home.*

New Years Fun Run!

Friday, January 1, 2016

9:00

Free run, walk, roll 5k race is held every New Year’s Day, rain or shine! The race begins at 9:00am at the corner of Main Street and State Street. All ages are welcome to attend. No pre-registration required.

**Note: Dogs must be on a leash, and please no bicycles!*

Contact Recreation & Community Services for more details at (650)947-2797.

(650) 947-2797 • losaltosrecreation.org

Los Altos Senior Program
Hillview Community Center
97 Hillview Ave
Los Altos, CA. 94022

Non-Profit
U.S. Postage Paid
Los Altos, CA.
Permit No. 61

Change Service Requested

👉 Time Sensitive Material

Email: recreation@losaltosca.gov

Staff: Candace Avina Nora Beltran Irene Hatch Chris Penaranda Kate Thornton

Spotlight Newsletter

Los Altos Senior Program



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